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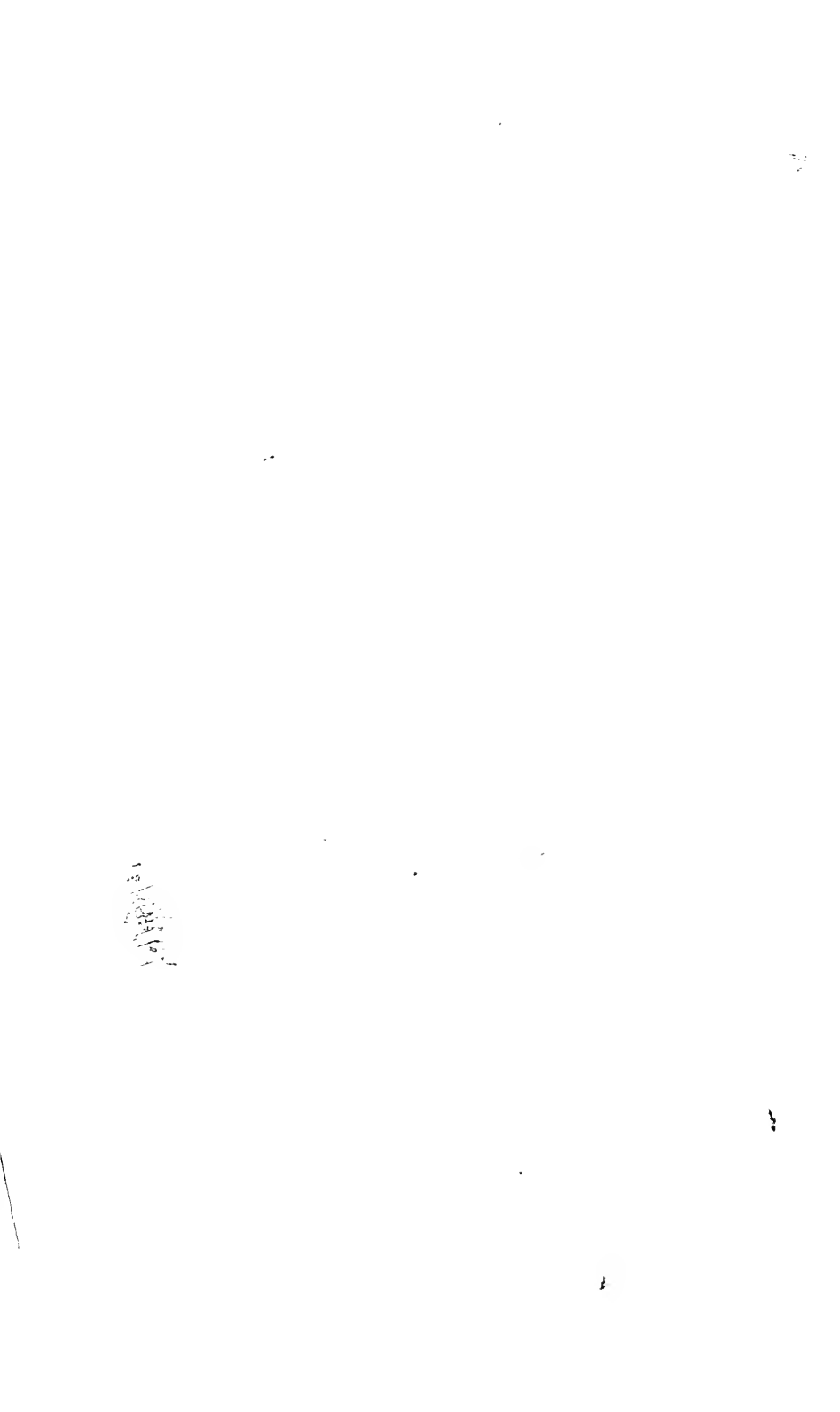
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THE

HELPING HAND

A COLLECTION OF

RARE AND VALUABLE RECIPES

COMPILED FROM

ENTIRELY RELIABLE AND AUTHENTIC SOURCES

MANY OF THEM

NOT TO BE OBTAINED ELSEWHERE.

BY EDWIN A. TEALL.

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THE HELPING HAND.

Silver Plating Fluid.—Dissolve one oz. of crystalized Nitrate of Silver in twelve ozs. of soft water. In this dissolve two ozs. of Cyanuret of Potash. Shake well together and let it stand five hours. A four-oz. bottle, half full of fine whiting must then be filled with the mixture, and when well shaken it is ready for use. After washing an article with this mixture, rinse in soap-suds.

Fruit Preserver.—Mix two lbs. of white sugar with one-fourth of an oz. of Sulphite of Lime, and sprinkle upon each gallon of fruit, after preparing it in the ordinary way for canning. Place it in stone or earthen vessels, and cover with a cloth. This is as good as canning and far cheaper. To keep fruit from moulding, saturate the cloth with spirits. In preparing fruit for canning, use one lb. of sugar to four lbs. of fruit, and enough water to keep from burning. The following is the time required for boiling fruits, and the quantity of sugar to the quart: Cherries, 5 min., 6 oz.; Raspberries, 6 min., 4 oz.; Blackberries, 6 min., 6 oz.; Strawberries, 8 min., 8 oz.; Plums, 10 min., 8 oz.; Whortleberries, 5 min., 4 oz.; Pie Plant, (sliced,) 10 min., 10 oz.; Pears, (small, sour, whole,) 30 min., 8 oz.; Bartlett Pears, (halved,) 20 min., 6 oz.; Peaches, 8 min., 4 oz., whole, 15 min., 4 oz.; Pineapples, (sliced,) 15 min., 6 oz.; Crab Apples, 25 min., 8 oz.; Sour Apples, (quarters,) 10 min., 5 oz.; Currants, (ripe,) 6 min., 8 oz.; Grapes, (wild,) 10 min., 8 oz.; Tomatoes, 20 min., no sugar; Gooseberries, 8 min., 8 oz.; Quinces, (sliced,) 15 min., 10 oz.

Strawberries will grow faster and larger by sprinkling upon the vines in dry weather a mixture composed of one tablespoonful of Blue Vitriol, dissolved in twelve quarts of water; let the water stand in the sun ten or twelve hours before putting in the vitriol.

Housewife's Friend.—Save the expense and trouble of sending your tin and copper ware to the tinsmith to be repaired, by dissolving in two oz. of Muriatic acid as much Zinc as possible, then add one oz. each of Sal Ammoniac and Ammonia. Around the hole or place to be mended clean away all grease and dirt, wet the article with the fluid, put on a piece of solder, and hold a lighted candle or other flame under it until the solder melts.

To Re-cut Files.—Place them in lye and boil half an hour, then wash and dry them. In a mixture composed of four ozs. Sulphuric Acid and one qt. of soft water, let them remain: fine files, six or eight hours; coarse, twelve or fourteen hours. Wash and oil them. They will be nearly as good as new.

Ladies' Favorite.—To one lb. of Soda Ash (or Sal Soda) add one-half lb. unslacked Lime and five qts. water; bring to boil, carefully settle and turn off the liquid. To a boiler full of clothes, (after being soaked in clear water,) add one teacupful of the fluid, and boil fifteen or twenty minutes. Soap should be previously rubbed on the collars and wristbands of shirts. Rinse and hang out to dry. If the clothes are extraordinarily dirty, rub them a little. This fluid is warranted not to injure the slightest fabric.

Fancy Glycerine Toilet Soap.—Place one gallon of clear soft water on the fire, bring to a boil and add four pounds White Bar Soap, (shaved up fine,) three drachms Salts Tartar, two drachms Spirits Turpentine, six drachms Spirits Ammonia, and one oz. each of Sal Soda, Borax, Spermaceti, and Glycerine. Boil all together until dissolved, then take one gill of hot soap and as much Chinese Vermilion as will lie on a silver five-cent piece, mix well together and stir it into the soap as it is placed in vessels. Perfume to suit.

Laundry Pearl Polish.—Take two drs. powdered Acacia, one dr. Isinglass dissolved in water, four ozs. Spermaceti, and two ozs. White Wax; melt together in a clean dish, strain through a cloth, run into molds or strips, and it is ready. Put a piece the size of a pea into a pint of Starch, when boiling. When ironing, pass the iron over briskly and you have a beautiful gloss.

French Enamel for Shirt Bosoms.—Melt together with a gentle heat, one oz. White Wax and two ozs. Spermaceti. Prepare, in the usual way, sufficient starch for twelve shirt bosoms, put in a piece of the Enamel the size of a large pea, and in like proportion for a larger ironing. Clear starching is done by rinsing the articles to be starched carefully in three waters; then dip them in the starch, which should be previously strained through muslin, squeeze, shake them gently, and hang up to dry; when dry, dip them in clear water, again squeeze them, spread out on linen, roll up, and let them remain an hour before ironing. In ironing, use highly polished irons. You will be astonished.

Liquid Bluing for Clothes.—Take one oz. pulv. best Prussian Blue, one-half oz. pulv. Oxalic acid, one qt. soft water, mix. The acid dissolves the blue and holds it evenly in the water so that specking never occurs. One or two tablespoonfuls of it is sufficient for a tub of water, according to the size of the wash. This is preferable to any other Bluing, and is much cheaper.

Diamond Washing Soap.—Mix one lb. Concentrated Potash and two lbs. Sal Soda in three gals. soft water. Boil until dissolved, then add three lbs. of clean soap-grease, and boil from one to six hours, or until it becomes beautiful white soap; keep about the same quantity of water in the kettle as at first; then add two ozs. Liquid Ammonia, one-half lb. Borax, one-fourth lb. Resin, and nine gals. soft water; stir well together. If the grease was clean this will be, when cool, a beautiful white soap. This amount costs about 75 cts., and is sufficient to last an ordinary family a year. The night before washing, put the clothes to soak in cold water, and if the collars and wristbands are very dirty, rub on them a little common soap, or put a small quantity of the "Diamond" in the water. Wring out the clothes in the morning. To every ten gallons of water add one qt. of the "Diamond;" put in the clothes, and gradually raise the temperature of the water to a scalding point, stirring the clothes every few minutes. Drain them well, rinse twice in clear, cold water, blue them, wring, and hang out to dry. It is well to boil very dirty clothes ten minutes, but no longer, as it is apt to give them a yellow tinge. Should the wristbands require rubbing, it should be done by hand before the water in the kettle gets very hot. In using this Soap all fine clothes should be gone through with first, as colored or very dirty clothes should not be washed with those of finer fabric containing less dirt, for the water would partake of their contents, and render dingy the fine clothes. The water that has been used for the fine clothes will do for the coarse. When water is added to the wash kettle, a proportionate amount of the Soap must also be added. Follow these directions carefully and satisfaction is guaranteed. These directions apply as well to the "Ladies' Favorite," given on the preceding page.

Cream Soda.—A delicious beverage is made of six ozs. Tartaric Acid, the whites of four eggs beat up, and one gallon of water in which a tablespoonful of flour has been mixed. In a tumbler two-thirds full of this stir in one-fourth of a teaspoonful of soda, and drink.

Cream of Nectar.—Take two qts. of water, two lbs. white sugar, three ozs. Acetic Acid, and mix with one oz. Cream Tartar; then stir in two tablespoonfuls of wheat flour previously wet up; skim before boiling; as soon as it boils remove it from the fire. When cool, add six teaspoonfuls of flavoring extract. To use, take a half-pint glass half full of cold water, add one tablespoonful of Nectar, stir in briskly one-fourth teaspoonful of Soda, and drink.

Cholera King.—Mix thoroughly three drachms each of the tinctures of Capsicum, Opil, and Cardamon. Dose, thirty drops to an adult. This has cured the most severe cases of Cholera when administered in season. In dysentery, or diarrhœa, give fifteen drops. In either complaint, repeat the dose every hour until relief is obtained.

Diarrhœa Cordial.—One oz. tinct. Paregoric, two ozs. tinct. Rhubarb. Sweeten. Dose, one teaspoonful every two or three hours. Mild and pleasant.

A Wonderful Cure.—An old and respected lady, seventy odd years of age, residing in Western New York, after suffering with Chronic Diarrhœa for a number of years, and finding no relief, was speedily cured by a mixture composed of one oz. each of tinct. Catechu, simple Syrup, Syrup of Rhubarb, Paregoric, and twenty grains of Tannin. Dose, from one teaspoonful to a tablespoonful, as often as an evacuation occurs.

Celebrated Cancer Cure.—Mr. Mason, of Milwaukee, Wis., brother of Lowell Mason, the well-known music composer of Boston, was cured of a Cancer, after it been once cut out, and then reappearing, by the following process: A piece of sticking plaster was put over the cancer, with a circular piece cut out of the center a little larger than the Cancer, so that the Cancer and a small circular rim of healthy skin next to it were exposed. Then a plaster of Chloride of Zinc, Blood root, and Wheat flour, was spread on a piece of muslin of the size of the circular opening, and applied to the Cancer for twenty-four hours. On removing it, the Cancer was found burned into, and appeared the color and hardness of an old shoe sole. The outside rim was white and parboiled, as if scalded by hot steam. The wound was then dressed until suppuration of the outside rim took place, when the Cancer came out in a hard lump, and the place healed up. This plaster kills the Cancer so that it sloughs out like dead flesh, and never grows out again.

Coughs and Consumption.—Boil two ozs. of Spanish Licorice in one qt. of water until dissolved, then add one-half oz. Salts of Tartar; bottle and cork. Take a wineglassful three or four times a day. This has cured severe cases. . . . Another—Mix equal quantities of Calisaya and Elixir of Iron; take one or two drachms three times a day before eating. . . . Another—Boil down in two qts. of water equal quantities of Hoarhound, Sweet Balsam, Spanish Licorice, and the herb of Liverwort, to one qt.; take a mouthful of it when coughing, or thirsty. . . . Another—A dry, hacking cough, at night, may be quickly stopped by eating a teaspoonful of dry table salt. . . . Another—One oz. tinct. Lobelia, two ozs. tinct. Bloodroot, two ozs. Syrup of Squills, two grains Acetate of Morphine; dose, teaspoonful. Consumptives, beware of spirituous and malt liquors.

Bone Felon.—On its first appearance put on a fly blister, one-half inch in size, for six hours; you can then easily pick it out with a needle or penknife.

Dyspepsia may be cured by mixing one drachm Nux Vomica and two drachms Nitrate of Bismuth; divide into forty powders, and take one each meal. Assist nature by eating cucumbers, cabbage, rare done beef, and light suppers; and avoid pastries, pork, beans, apples, milk, spirits, tobacco, coffee, exposure.

Toothache Drops.—One oz. Alcohol, one-eighth oz. Laudanum, five-eighths oz. Liquid Chloroform, one-half oz. Gum Camphor, one-half drachm Oil of Cloves, three-fourths oz. Sulphuric Ether, one drachm Oil of Lavender; mix, apply with lint, and rub it on the gums and face. Cures Neuralgia, Headache.

Burns.—Cover the injured part with common varnish; it excludes the air, and forms a new skin, or cuticle.

Corns.—These troublesome pests may be effectually removed by rubbing on occasionally Acetic Acid, or binding on a piece of fresh lemon, skin side out.

German Rheumatic Fluid.—This celebrated remedy is made of one-half oz. each Oil of Hemlock and Cedar, one oz. each Oil of Origanum and Sassafras, one oz. Aqua Ammonia, one oz. pulv. Capsicum (red pepper), one-half oz. each Spirits Turpentine and Gum Camphor; put all in a quart bottle and fill it with ninety-five per cent. Alcohol. This cures Rheumatism, Corns, Cuts, Sprains, Bruises, Weak Back, Leg Ache, Neuralgia, etc., by rubbing it thoroughly on for twenty or thirty minutes, twice in twenty-four hours, for two or three days.

Diarrhœa and Colic Cordial.—One scruple Gum Camphor, one-fourth oz. Magnesia, one-half oz. Laudanum, twenty-five drops Anise Oil, six ozs. Loaf Sugar, one pt. warm water; dose, adult, one tablespoonful; child, one teaspoonful. One of the best remedies known, and costs only about 25c. per pint.

Green Mountain Liniment.—This far-famed Liniment is made of two qts. ninety-eight per cent. Alcohol, one oz. each Oil Sassafras, Hemlock, Spirits Turpentine, tinct. Cayenne, Catechu, Guaiacum, and Laudanum; four ozs. tinct. Myrrh, two ozs. Oil Origanum, one-half oz. Oil Wintergreen, two ozs. Gum Camphor, and one and one-half oz. Chloroform. This cannot be excelled for Rheumatism, Neuralgia, Sprains, Bruises, Burns, etc.

Celebrated Hair Invigorator.—To one-half pt. of Castor Oil add a sufficient quantity of Alcohol or pure Brandy to cut it, and perfume to suit. A very simple preparation, and yet it is the best known for the hair and scalp.

Sore Eyes.—Table Salt and White Vitriol, each one tablespoonful. Heat them upon copper or earthen ware until dry, which drives off the biting effect, and brings them in its action. Add one-half pint soft water, one tablespoonful white sugar, and blue vitriol the size of a pea; if too strong, add more water. Bathe the eyes with it three or four times each day. If the disease is of long standing, take a cathartic and purify the blood.

Save the Trees and Bushes.—Boil in twelve qts. of water one-third of a lb. of Quassia, until the strength is out, then add sufficient soft soap to make a suds, and let it cool. Apply to trees, bushes and vines afflicted with worms, bugs, lice, etc. Dip the twigs into the pail, when possible, to save the fluid.

An Excellent Disinfectant.—Washing the hands in and sprinkling the clothes with Chloride of Lime, will remove the odor of skunks, etc.

Rheumatic Embrocation.—Dissolve one tablespoonful of Soda, or Saleratus, in a teaspoonful of hot Vinegar, and bathe the parts affected thoroughly, then saturate a piece of flannel and bind it on as hot as possible. Repeat this treatment for two or three days. The worst cases have been cured by it.

Blood Purifier.—The blood, we all know, is the fountain of life; kept pure, there would be no chronic affections. Read the information as regards diet, given under the head of "Dyspepsia," and follow them. Then mix one oz. of Iodide of Potassa with one oz. of common Syrup. Dose, one teaspoonful two or three times, for one day only. Repeat this two or three times a year.

Small Pox Pitting Preventive.—Make a paste of Starch and cover the face, and over that put on another covering of oil silk to keep out the air. **DO NOT BREAK THE PUSTULES!** If strictly followed, this is a sure preventive.

Tooth Paste.—To cure toothache without pain, and save the tooth, if it is hollow, make a paste of Gum Camphor, Gum Opium, and Spirits of Turpentine, and fill the tooth after each meal, after cleaning out the cavity, for two or three days. The nerve will be insensibly killed.

All-Healing Salve.—Bitter Sweet and Sweet Elder roots, each, one and one-half lbs.; Hop vines and leaves and Garden Plantain tops and roots, each, one-half lb.; one oz. plug Tobacco. Boil all in rain water, press the herbs and throw them out; then carefully boil down the liquid to half a pint. Add to it unsalted Butter, one lb.; Beeswax and Resin, each one oz.; simmer down over a gentle heat until all the water is out. This is the best Salve known for Fever Sores, Carbuncles, Swellings, Boils, Bruises, Burns, Wounds, etc.

The Celebrated Hair Curlique.—Two oz. Borax, one drachm Gum Senegal in powder, one qt. hot (not boiling) water; mix, and as soon as the ingredients are dissolved, add two ozs. Spirits of Wine, strongly impregnated with Camphor. On retiring to rest wet the locks with this liquid, and roll them in twists of paper, in the usual manner; in the morning form them into ringlets. Fortunes have been made in the sale of this Curlique. It is excellent.

Whooping Cough.—Take equal portions of new milk and lye made from hickory ashes. Mix, and give to a child eight years old one tablespoonful each hour through the day. The relief is immediate, and a cure is effected within five or six days.

Hydrophobia.—Dissolve two tablespoonfuls of Chloruret of Lime in one-half pt. of water, and thoroughly and repeatedly bathe the part bitten. The poison will be decomposed. Dress the wound with Sweet Oil, and take internally one-half teaspoonful of it every half hour for three hours. It has proved successful after the patient had been bitten six hours. Good in other poisons.

Imitation of Gold.—Linseed oil three ozs., Tartar two oz., yolk of eggs (boiled hard and beaten) two ozs., Aloes one-half oz., Saffron five grains, Turmeric two grains; boil all together in an earthen vessel. Wash an article with it and will look like gold. Add more Linseed oil if there is not sufficient.

To Remove Warts or Corns.—Take the bark of common Willow, burn it to ashes, mix with strong vinegar and apply.

Silvering Powder.—Precipitated Silver Powder one part, common Salt and Cream of Tartar each two parts; mix. Apply with friction, then wash the article silvered slightly with-alkalized water.

Panes of Glass may be easily removed by applying soft soap to the putty for a few hours, no matter how hard it is.

To Preserve Smoked Hams in warm weather without bagging, apply Pyroligneous Acid with a brush, taking care to insert the liquid into all cracks of the under surface.

Deafness has been cured by taking clean, fine black wool, dipped in civet, and placing it in the ear. When dry wet it, and continue three or four weeks.

The Best Tooth Powder is made of Prepared Chalk five lbs., Cassia one-fourth lb., Bole two lbs., Bath Brick three lbs., Charcoal two lbs. A like proportion for a less quantity. Reduce all to powder and sift through gauze.

Certain Cure for Piles.—Powdered Opium 1 scruple, Flour of Sulphur two scruples, Simple Cerate one oz. Anoint, and be prudent as to diet.

To Mend Cracks in Stoves, take equal parts of wood ashes and salt, mix them with water to a thick paste, and with it fill up the aperture.

To Render Boots Waterproof, take boiled oil sixteen parts, Spirits of Turpentine and Venice Turpentine each two parts, Beeswax and Resin each one part; melt, and rub in while hot.

To Remove Freckles.—Take tinct. Benzoin one pt., tinct. Tolu one-half pt., Oil of Rosemary one-fourth oz.; mix in half a gill of water, and rub well on the face with a towel, night and morning.

The Real Coral Tooth Powder is made of Red Coral one oz., Chalk two ozs., Bole one and one-half oz., Cassia four drachms; mix, sift through gauze.

Eye Water.—Alum water six grains, soft water, one oz. . . . Another—Nitrate of Silver four grains or less, soft water one oz. . . . Another—Sulphate of Zinc one part, soft water fifty parts. Snow or distilled water is preferable. In either of the above, apply night and morning, and keep the bowels open.

The Celebrated "Ottar of Roses" may be made by steeping rosebuds or flowers in water and carefully skimming off the floating oil. Very valuable.

Night Sweats can be cured by eating a little dried beef before retiring at night. This simple remedy has cured very severe cases.

To Keep Lice from Fowls make their nests of hog's hair. Who ever knew of porkers being troubled with these vermin?

Drunkard's Cure!—A SURE TEMPERANCE PLEDGE!—Put two or three live snakes or eels in liquor and let them remain until dead. Strain the liquor and give it to the inebriate. He cannot drink it; will turn from it in disgust.

To prevent Iron or Steel from Rusting. warm it until you cannot bear your hand upon it, then rub on clean white wax; heat it thoroughly in by the fire, then rub it over with a piece of serge.

To Prevent Chapped Hands, wash them in boiled bran and water.

To Cure Chapped Hands, wash them with sugar and water, or anoint them with glycerine and wear kid gloves during the night. Keep them clean and perfectly dry after washing.

Pain Killer.—Alcohol one pt., Gum Guaiac. one-half oz., Gum Myrrh one-fourth oz., Spirits Camphor one-fourth oz., Cayenne one-fourth oz.; mix, and use the same as Perry Davis' Pain Killer, or Magnetic Balm.

Original Yeast.—Corn Meal five tablespoonsful, Flour two tablespoonsful, Salt one-half teaspoonful, Soda one-half teaspoonful; pour on boiling water and stir thoroughly to the consistency of paste, then place it away and it will rise in eighteen hours. Use in the same manner as other yeast. This quantity is sufficient for eighteen loaves of bread.

Liver Elixir.—Take a beef's gall and let the contents gradually simmer over a gentle fire in an earthen vessel (a plate is best), carefully stirring it, until it is of the consistency and color of tar. Take a gentle cathartic; then, after twenty-four hours have elapsed, commence taking the gall of the size of a pea, three times a day before meals. After three or four days, stop and take a gentle cathartic. In two days commence taking the gall again. Continue in this manner until the patient is cured. Costs nothing, harmless, not unpleasant to the taste, and will cure the Liver Complaint in its worst form.

6.

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: a control group and an experimental group. The control group received a standard treatment, while the experimental group received a treatment with a specific intervention. The results were then compared between the two groups.

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